

# FRANKLIN-SIMPSON HIGH SCHOOL

**Course Name: Physical Education**

**Unit Name: Weightlifting**

**David Clark Instructor**

**Objectives: Practice a Lifelong skill! Each Student will be required to put together an Individual Workout that Supplements their Body in relationship Body Mass Index.**

**Academic Expectations**

**Program of Studies**

**Core Content for Assessment**

<b><u>Physical Education</u></b>		
Version 3.0	Version 4.0	Version 4.1
<b>Psychomotor Skills</b>		
PL-H-2.1.1  There are principles (e.g., accuracy, technique, physics, mechanics) for learning and improving advanced motor skills.	PL-HS-2.1.01  <b>See Version 4.1 →</b>	<i>PL-HS-2.1.01</i>  <i>Students will analyze the principles for motor skills (e.g., accuracy, technique, physics, mechanics) and make applications for improving these skills (locomotor, nonlocomotor, transitional).</i>
PL-H-2.1.2  <b><u>Analysis of specialized movement patterns (e.g., swinging golf clubs, shooting basketballs) and sequence evaluation (e.g., positioning, performing, following through)</u></b>	<i>PL-HS-2.1.02</i>  <b>See Version 4.1 →</b>	PL-HS-2.1.02  <i>Students will infer how an analysis of specialized movement patterns (e.g., swinging golf clubs, shooting basketballs) and sequence evaluation (e.g., positioning, performing, following through) can be used to make recommendations for the improvement of skills used in individual, dual, and team sports (e.g., golf, racket sports,</i>

<p><b><u>can be used to make recommendations for improvement in skills used in individual, dual, and team sports (e.g., golf, racket sports, softball, volleyball, basketball).</u></b></p>		<p><i>softball, volleyball, basketball).</i></p>		
<p><b><i>Fitness</i></b></p>		<p><b><i>Lifetime Physical Wellness</i></b></p>		
<p>Version 3.0</p>	<p>Version 4.0</p>	<p>Version 4.1</p>		
<p>PL-H-2.2.1</p> <p>There are physical, social, and mental/emotional benefits from participation in games/sports:</p> <ul style="list-style-type: none"> <li>• lower blood pressure</li> <li>• higher metabolism</li> <li>• decreased body fat</li> </ul>	<p><b>PL-HS-2.2.01</b></p> <p><b>Students will explain how physical, emotional/mental, and social benefits result from regular participation in leisure/recreational, or competitive physical activities:</b></p> <ul style="list-style-type: none"> <li>• <b>Physical: disease prevention, weight management, muscular strength,</b></li> </ul>	<p><b>PL-HS-2.2.01</b></p> <p><b>Students will explain how physical, emotional/mental, and social benefits result from regular participation in leisure/recreational or competitive physical activities:</b></p> <ul style="list-style-type: none"> <li>• <b>Physical Benefits (e.g., disease prevention, weight management,</b></li> </ul>		

<ul style="list-style-type: none"> <li>increased cardiovascular endurance</li> </ul>	<p><b>muscular endurance, flexibility, cardio-respiratory endurance, control of body movements, increased metabolism, reduction of body fat, decrease in cholesterol, decreased heart rate</b></p> <ul style="list-style-type: none"> <li><b>Social: Provides opportunity for interaction with others, cooperation, friendship, teamwork, respect for others, and tolerance</b></li> <li><b>Mental/Emotional: Reduces anxiety/stress, depression, provides better body image, improves self-discipline, and self-respect</b></li> </ul> <p><b>DOK2</b></p>	<p><b>muscular strength, muscular endurance, flexibility, cardio-respiratory/cardiovascular endurance, control of body movements, stress reduction, increased metabolism, reduction of body fat, decrease in cholesterol, decrease in heart rate)</b></p> <ul style="list-style-type: none"> <li><b>Social Benefits (e.g., opportunity for interaction with others, cooperation, friendship, teamwork, respect for others, and tolerance)</b></li> <li><b>Mental/Emotional Benefits (e.g., reduces anxiety/stress, depression, provides better body image, improves self-discipline, and self-respect)</b></li> </ul> <p><b>DOK 2</b></p>		
<p>PL-H-1.5.1</p> <p>Short and long-term physiological changes (e.g., increase metabolism, reduction of body fat,</p>	<p>Combined PL-HS-2.2.1 and 1.5.1 and 1.5.2 to make PL-HS-2.2.01</p>			

<p>cholesterol) result from regular exercise and impact performance of physical activities.</p>				
<p>PL-H-1.5.2 There are strategies (e.g., exercising, eating properly, getting adequate rest) for improving and evaluating health-related fitness (e.g., strength, cardiovascular endurance, flexibility, body composition).</p>	<p>Combined PL-HS-2.2.1 and 1.5.1 and 1.5.2 to make PL-HS-2.2.01</p>			
<p>PL-H-2.2.2 Techniques (e.g., practice, peer or coach evaluation, individualized coaching) to achieve performance consistency in games and/or sports must be</p>	<p>PL-HS-2.2.02 <b>See Version 4.1 →</b></p>	<p>PL-HS-2.2.02 <i>Students will apply techniques (e.g., practice, peer/teacher evaluation, individualized coaching) to achieve performance consistency in games and sports. DOK3</i></p>		

used.				
<b><i>Lifetime Physical Wellness</i></b>				
Version 3.0	Version 4.0	Version 4.1		
<p>PL-H-2.2.3</p> <p>Principles of fitness training and conditioning (frequency, intensity, time/duration) impact one's ability to participate in activities.</p>	<p><b><i>PL-HS-2.3.01</i></b></p> <p><b>Students will describe the components of fitness (muscular strength, muscular endurance, flexibility, body composition, cardio-respiratory endurance) and apply the FITT Principle (Frequency, Intensity, Type, Time) to create a comprehensive exercise plan. DOK3</b></p>	<p><b>PL-HS-2.2.03</b></p> <p><b>Students will describe the components of fitness (muscular strength, muscular endurance, flexibility, body composition, cardio-respiratory/cardiovascular endurance) and apply the FITT Principle (Frequency, Intensity, Type, Time) to create a comprehensive exercise plan. DOK 3</b></p>		
<p>PL-H-1.5.3</p> <p>Applying the principles of fitness training and conditioning (i.e., frequency, intensity, time/duration) impacts</p>	<p>Combined PL-HS-2.2.3 and 1.5.3 and 1.5.4 to make PL-HS-2.3.01</p>			

physical development.				
<p>PL-H-1.5.4</p> <p>Continual use of self-assessment strategies for monitoring and approving health-related fitness (e.g., strength, flexibility, cardiovascular endurance, body composition) may contribute to improved health throughout life.</p>	<p>Combined PL-HS-2.2.3 and 1.5.3 and 1.5.4 to make PL-HS-2.3.01</p>			
<p>PL-H-2.3.1</p> <p>There are offensive and defensive strategies as well as basic rules of play for a variety of games and sports.</p>	<p>PL-HS-2.3.02</p> <p><i>Students will compare offensive and defensive strategies and basic rules of play for a variety of games and sports.</i></p>	<p><i>PL-HS-2.2.04</i></p> <p><i>Students will compare offensive and defensive strategies and basic rules of play for a variety of games and sports.</i></p>		
<p>PL-H-2.3.2</p> <p>Rules, fair play, and cooperation for spectators and</p>	<p>PL-HS-2.3.03</p> <p><i>Students will analyze the value and role of rules, fair play, cooperation, and</i></p>	<p><i>PL-HS-2.2.05</i></p> <p><i>Students will analyze the value and role of rules, fair play, cooperation, and sportsmanship</i></p>		

sportsmanship on the part of spectators and participants during organized games and sports will benefit all.	<i>sportsmanship for spectators/participants during games and sports.</i>	<i>for spectators/participants during games and sports.</i>		
--	---	---	--	--

**Purpose of the Unit:**

This unit was designed to teach the students safety, techniques, benefits and skills to use in weightlifting.

**Prerequisites:**

These students do have a limited previous knowledge of weightlifting techniques. Techniques, safety benefits and strategies will need to be taught first so that the students will be completely prepared. The students will then be able to do many of the lifts with a spotter at their own pace.



**Daily Lesson Guide**

Day	Lesson Content and Objectives	Focus Questions	Critical Thinking (High Yield / Literacy /LTF/etc.)	Engagement	Assessment and/or Accommodations
D-1	Pre test Discuss benefits of Physical activity Discuss rules for weightlifting Demonstrate how to use equipment	Did you learn anything new today? What is the FITT stand for? Describe a benefit of strength training and aerobic exercise. What is the importance of a spotter?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Demonstration and observation of lifting techniques
D-2	Weightlifting Rotation What is a Max out?	Was your 1 <sup>st</sup> day of lifting what thought it would be?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Beginning upper and lower body lifts with partner of their choice

<p><b>D-3</b></p>	<p>Begin regular weightlifting routine</p>	<p>How do your muscles feel after our first work out? Do you think you will be sore tomorrow or tonight?</p> <p>Is it good for your muscles to be sore? Why or why not?</p>	<p>Techniques and weight amounts to use each day</p>	<p>Each student will actively participate in weightlifting daily.</p>	<p>Develop a personal and individual workout plan</p>
<p><b>D-4</b></p>	<p>Regular weightlifting routine</p>	<p>How do your muscles feel after our first work out? Do you think you will be sore tomorrow or tonight? Is it good for your muscles to be sore? Why or why not?</p>	<p>Techniques and weight amounts to use each day</p>	<p>Each student will actively participate in weightlifting daily.</p>	<p>Follow personal and individual workout plan</p>

<b>D-5</b>	Regular weightlifting routine	How do your muscles feel after our first work out? Do you think you will be sore tomorrow or tonight?  Is it good for your muscles to be sore? Why or why not?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-6</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-7</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan

<b>D-8</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-9</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-10</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-11</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-12</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan

<b>D-13</b>	Personal Data: Height, Weight, Explain how to figure Body Fat %	What is Body Fat? Why is this important?	How to use Skin Folds Calibers? How to use Skin Fold results? How to use Skin Fold charts? What does data mean?	Each student will actively participate with a partner a Skin Fold Assessment?	Record of progress on Personal Data Chart.
-------------	--	--	---	---	---

<b>D-14</b>	Begin Max out on the 4 core lifts: Bench Press, Military Press, Power Clean, Squats.	Can you each student understand and apply the estimate max out chart?	Why do we use an estimate max?	Each student will obtain max out on the 4 core lifts!	Follow personal and individual workout plan
<b>D-15</b>	Begin Max out on the 4 core lifts: Bench Press, Military Press, Power Clean, Squats.	Can you each student understand and apply the estimate max out chart?	Why do we use an estimate max?	Each student will obtain max out on the 4 core lifts!	Follow personal and individual workout plan
<b>D-16</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-17</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan

--	--	--	--	--	--

<b>D-18</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-19</b>	Push Up Max Straight Arm Pull Up Max Sit Up Max	Have you made any progress toward your personal goals?	Which Max was your best? Which Max was the Easiest? What Max was the Hardest?	Each student will actively participate in the Push Up, Straight Arm Pull Ups, Sit Up Max	Record of progress on chart on the Student's Data Sheet
<b>D-20</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-21</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan

<b>D-22</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-23</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-24</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-25</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-26</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan

<b>D-27</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-28</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-29</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-30</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan



<b>D-31</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-32</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-33</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan

<b>D-34</b>	Personal Data: Height, Weight, Explain how to figure Body Fat %	What is Body Fat? Why is this important?	How to use Skin Folds Calibers? How to use Skin Fold results? How to use Skin Fold charts? What does data mean?	Each student will actively participate with a partner a Skin Fold Assessment?	Record of progress on Personal Data Chart.
<b>D-35</b>	Max Out on the 4 core Lifts: Bench, Military Press, Squat, Power Clean	Have you made any progress toward your personal goals?	What lifts did you improve? How much extra weight did you use on each of the 4 core lifts? How much total weight did you when adding up the 4 core lifts?	Each student will actively participate in the Max Out lifts of the 4 core lifts: Bench, Military Press, Squat, Power Clean	Record of progress on chart on the Student's Data Sheet
<b>D-36</b>	Max Out on the 4 core Lifts: Bench, Military Press, Squat, Power Clean	Have you made any progress toward your personal goals?	What lifts did you improve? How much extra weight did you use on each of the 4 core lifts? How much total weight did you when adding up the 4 core lifts?	Each student will actively participate in the Max Out lifts of the 4 core lifts: Bench, Military Press, Squat, Power Clean	Record of progress on chart on the Student's Data Sheet

<b>D-37</b>	Personal Data: Height, Weight, Heart Range, High End Low End	What is your resting Heart? What is your Heart Range?	How do you calculate your Heart Rate? How do you calculate you low end and high end? What does the data mean?	Each student will actively participate in calculating your Heart range.	Record of progress on chart on the Student's Data Sheet
<b>D-38</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-39</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-40</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan

<b>D-41</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-42</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-43</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-44</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan

<b>D-45</b>	Push Up Max Straight Arm Pull Up Max Sit Up Max	Have you made any progress toward your personal goals?	Which Max was your best? Which Max was the Easiest? What Max was the Hardest?	Each student will actively participate in the Push Up, Straight Arm Pull Ups, Sit Up Max	Record of progress on chart on the Student's Data Sheet
<b>D-46</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-47</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-48</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan

<b>D-49</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-50</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-51</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-52</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan

<b>D-53</b>	Regular weightlifting routine	Have you made any progress toward technique?	Techniques and weight amounts to use each day	Each student will actively participate in weightlifting daily.	Follow personal and individual workout plan
<b>D-54</b>	Follow Day One of your 4 Day Workout Plan	Did you follow the plan you're developed for yourself?	Techniques and weight amounts varied daily	Each student will develop a plan that they can follow	Follow personal and individual workout plan
<b>D-55</b>	Max Out on the 4 core Lifts: Bench, Military Press, Squat, Power Clean	Have you made any progress toward your personal goals?	What lifts did you improve? How much extra weight did you use on each of the 4 core lifts? How much total weight did you when adding up the 4 core lifts?	Each student will actively participate in the Max Out lifts of the 4 core lifts: Bench, Military Press, Squat, Power Clean	Record of progress on chart on the Student's Data Sheet
<b>D-56</b>	Personal Data: Height, Weight, Explain how to figure Body Fat %	What is Body Fat? Why is this important?	How to use Skin Folds Calibers? How to use Skin Fold results? How to use Skin Fold charts? What does data mean?	Each student will actively participate with a partner a Skin Fold Assessment?	Record of progress on Personal Data Chart.

<b>D-57</b>	Max Out on the 4 core Lifts: Bench, Military Press, Squat, Power Clean	Have you made any progress toward your personal goals?	What lifts did you improve? How much extra weight did you use on each of the 4 core lifts? How much total weight did you when adding up the 4 core lifts?	Each student will actively participate in the Max Out lifts of the 4 core lifts: Bench, Military Press, Squat, Power Clean	Record of progress on chart on the Student's Data Sheet
<b>D-58</b>	Max Out on the 4 core Lifts: Bench, Military Press, Squat, Power Clean	Have you made any progress toward your personal goals?	What lifts did you improve? How much extra weight did you use on each of the 4 core lifts? How much total weight did you when adding up the 4 core lifts?	Each student will actively participate in the Max Out lifts of the 4 core lifts: Bench, Military Press, Squat, Power Clean	Record of progress on chart on the Student's Data Sheet
<b>D-59</b>	Develop a 4 day Workout Plan. Decide if you want to focus on Muscle Mass or Strength Training.	Did you follow the plan you're developed for yourself?	Techniques and weight amounts varied daily	Each student will develop a plan that they can follow	Follow personal and individual workout plan